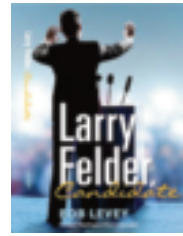




Friendship Heights

VILLAGE NEWS

MARCH 2019 VOLUME 35, NO. 3 www.friendshipheightsmd.gov 301-656-2797



Bob Levey booksigning,
see page 4.

It's cherry blossom time!

Enjoy a luncheon cruise aboard the Odyssey

Join us aboard the Odyssey Washington, D.C. to celebrate the history and beauty of the banks of the Potomac River during the National Cherry Blossom Festival aboard a special luncheon cruise on **Thursday, April 11.**

Listen to live music, and enjoy unparalleled views of D.C. covered in gorgeous cherry blossoms.

The two-hour cruise along the Potomac features a sumptuous luncheon. The menu includes a choice of Caesar salad or lobster soup as a first course. For an entree, choose oven-baked Atlantic salmon with lemon orzo with



red onions and sun-dried tomatoes and a citrus dill sauce; maple and mustard glazed chicken breast with fingerling potatoes and chives, haricot verts, and Dijon mustard cream sauce;

Continued on page 5, see Cherry Blossom

A telling of Irish tales at the Center

Acclaimed storyteller Jane Dorfman will bring a bit of the blarney to Friendship Heights when she presents "Luck of the Irish" on **Wednesday, March 20, from 1 to 2 p.m.** at the Village Center. This free event features tales of the great Irish heroes and the clever common folk from the land that gave us some of the world's best stories.

Dorfman tells stories for children and adults at festivals and in libraries and schools. She loves stories that carry the listener away.

Continued on page 5, see Blarney

Village to elect Council on Monday, May 13

Village Council Election Guidelines from the Village By-Laws

General Provisions

Election of the Friendship Heights Village Council shall be conducted under the guidance of the appropriate provisions of Article 33 of the Maryland Code, Section 66-4 of the Montgomery County Code, and these By-Laws.

Notice of Election

Notice of the election specifying time, requirements, and the procedures for nomination and voting shall be posted on the Hubert H. Humphrey Friendship Park Bulletin Board at least sixty days prior to the election.

Nomination

Nomination shall be by petition, signed by at least ten registered

and qualified voters of the Village, and shall be filed at the office of the Council at least five weeks prior to the election (**by 5 p.m., Friday, April 5, 2019**). Such petition shall include the signature of the candidate indicating willingness to run.

Candidates shall be registered and qualified voters and reside in the Village at the time of the nomination and the election. Any candidate may withdraw his/her petition up to twenty-four hours before the start of the election.

Qualifications for Voting

Any person residing in the Village on the date of the election whose name appears on a list of registered and

qualified voters as of two weeks prior to the election, furnished by the Board of Elections of Montgomery County, shall be eligible to vote.

Place of Voting

The polling place or places shall be conveniently located (Village Center).

Election Officials

Appointment by the Council of the judges and clerks shall be made prior to the election. Assistants may be made available and appointed in a similar fashion. No candidate for Council membership or member of his/her immediate family shall serve as an election official.

Continued on page 3,
see Election Guidelines

John Eaton concert, see page 4.



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Is it time to consider hanging up the car keys?

The AARP Driver Safety program will sponsor a free series of three talks designed to give families practical tips and advice on determining when it's time for their loved ones to hang up the keys. The one-hour talks address three main topics: the meaning of driving; observing driving skills; and planning conversations.

The talks will take place at the Village Center at **10 a.m.** on three consecutive Thursdays: **March 14, March 21 and March 28.**

Registration is required. Please call the Village Center at 301-656-2797 to sign up.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the April issue is March 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Historian

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Secretary

VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Village Council Election Guidelines, continued from page 1

Poll Watchers

Poll Watchers appointed by candidates shall be permitted to observe the voting and counting, but shall not interfere in any way with the voting or counting.

Counting of Ballots

Counting shall be conducted by judges and clerks.

Certifying and Reporting of Ballots

The incumbent Mayor shall notify the Montgomery County Council of the election returns, certified by the election judges. Such letter shall be sent by registered mail the day following the election. A copy of this letter shall be retained in the permanent files of the Village.

Absentee Ballots

Any qualified voter shall be entitled to vote as an absentee voter. An application must be received by **Friday, May 3, 2019**. (If you are unable to meet this deadline, call the League of Women Voters representative listed on the absentee ballot application.) Applications for absentee ballots are available at the Village Center and online at www.friendshipheightsmd.gov (click on "Village Council" link). Upon receipt of the application, the Council shall have mailed or delivered to the voter entitled thereto an absentee ballot.

No candidate for Council membership shall serve as a duly authorized agent for the purpose of submitting a completed absentee ballot application. A qualified voter shall return an absentee ballot by mail, by delivery in person, or by requesting that an election judge or clerk be dispatched to obtain the absentee ballot on the day of the election. The ballot shall be returned to the Council office or other previously designated location. An absentee ballot received after the time for closing of the polls shall not be counted.

Disclosure

All candidates for the Friendship Heights Village

Council must indicate agreement with the following requirements: Each candidate for election to the Council must submit two written financial reports to the Village Office—a preliminary report on the Monday preceding election day (**May 6**) and a final report by 5 p.m. on the Friday after election day (**May 17**).

Each report must include the following: (1) a list of all contributors and the amount(s) of their contributions made to the candidate; (2) an itemized list of expenditures made by the candidate on his/her own behalf; (3) a list of all contributors and the amount(s) of their contributions made to another party on behalf of the candidate; and (4) an itemized list of expenditures made by another party on behalf of the candidate.

The data from these reports shall be compiled and posted on the Village bulletin board as soon after receipt as possible. Failure to comply shall disqualify the candidate from assuming office.

Shredding truck returns April 17

A shredding truck will return to the Village on **Wednesday, April 17, from 5 to 7 p.m.**


The truck will park on Friendship Boulevard

by the Center entrance. Residents are invited to use this free service.



Please remember Friendship Heights!

Our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services). We need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2020 Proposed Budget contained in the Council's 2018 Annual Report, goes directly into services benefiting Village residents. Take special care to mark your tax return as shown below.

MARYLAND FORM 502	RESIDENT INCOME TAX RETURN		2018
OR FISCAL YEAR BEGINNING _____ 2018, ENDING _____		185020049	
Your Social Security Number _____		Spouse's Social Security Number _____	
Your First Name _____ MI _____		Your Last Name _____	
Spouse's First Name _____ MI _____		Spouse's Last Name _____	
Current Mailing Address Line 1 (Street No. and Street Name or PO Box) _____			
Current Mailing Address Line 2 (Apt No., Suite No., Floor No.) _____			
Friendship Heights		State _____ ZIP Code + 4 _____	

Actions taken at the February 11 Council meeting:

- Held initial public hearing on Proposed Budget for FY2020.
- Approved proposal from League of Women Voters to run 2019 Village Council election for total cost of \$3,200 plus expenses.

The next Council meeting, open to the public, will be Monday, March 11, at 7:30 p.m. It will include the second and final public hearing on the budget.



Broadway, jazz and blues with John Eaton

Enjoy an afternoon of jazz, blues and Broadway on **Monday, March 4, at 3 p.m.**, at the Village Center when the inimitable John Eaton celebrates the music of George Gershwin, Duke Ellington, Cole Porter, Harold Arlen and other greats.

Renowned piano player, vocalist, musicologist, and humorist, John Eaton, is considered one of the foremost interpreters of American music. From jazz clubs to the White House, Eaton has performed for more than 30 years. The concert is free, but please call the Village Center at 301-656-2797 if you plan to attend.



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Meet the author: Bob Levey writes his first novel

Prize-winning journalist Bob Levey will discuss his new book on **Thursday, March 7, at 7 p.m.**, at the Village Center.

"Larry Felder, Candidate," Levey's first novel, is the story of a successful Washington journalist who decides to run for Congress as a candidate from Montgomery County.

For 23 years, Levey wrote a daily column, "Bob Levey's Washington," for The Washington Post. The column looked at all aspects of life in the nation's capital. It won major awards from the Society of Professional Journalists and the Washington Journalism Review. Currently he writes a monthly column for Senior Beacon Newspapers.

Washingtonian magazine readers named Bob Levey one of the most popular columnists in D.C. seven times.

Earlier in his 36-year career at the Post, Levey covered presidential politics, Congress, local news and sports.


Please let us know if you plan to come by calling 301-656-2797.

Copies of the book will be available for purchase.



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ON THE GO



Cherry Blossom, continued from page 1

braised beef short ribs with Idaho potato and horseradish mash, baby carrots, pearl onions and English peas, and a Cabernet Sauvignon sauce; or jumbo forest mushroom raviolo with Spanish red lentils and sage, arugula, shallots, toasted walnuts and basil oil. For dessert, enjoy cherry cheesecake. Coffee, tea and iced tea is also included. We'll depart from the Village Center at 10 a.m. and should return by 3 p.m.

The cost of the trip is \$99 and includes round-trip transportation and luncheon cruise on the Odyssey.

Sign-ups for residents begin immediately; nonresidents may sign up beginning March 16.

There are 24 spaces available.

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Blarney, continued from page 1

Dorfman has performed at the Hans in Central Park, Shepherdstown, W.Va, and in Media, Pa. She appeared at the Smithsonian Institution and on television Channel 32's holiday storytelling program. She is a repeat teller at the Washington Folk Festival and Voices-in-the-Glen Festival at the Virginia Celtic Festival, Rockville Festival of the Arts, and other events.

This event is free, but please call the Village Center at 301-656-2797 to let us know you will be attending.

MARK YOUR CALENDARS

Thursday, June 6: Hello Dolly at the Kennedy Center

Friday, June 7: Glenstone Museum

Watch the April Village News for details !

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PLAYING on the BIG SCREEN



All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, March 7, 7 p.m.—Booksigning with Bob Levey, see page 4 for details.

Thursday, March 14, 7 p.m.—Movie—“A Star Is Born”— Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally’s career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons. Stars Bradley Cooper, Lady Gaga, and Sam Elliott. Rated R. Running Time: 134 minutes.

Thursday, March 21, 7 p.m.—Movie—“BlacKkKlansman”— It’s the early 1970s, and Ron Stallworth is the first African American detective to serve in the Colorado Springs Police Department. Determined to make a name for himself, Stallworth sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan. The

young detective soon recruits a more seasoned colleague, Flip Zimmerman, into the undercover investigation of a lifetime. Stars John David Washington and Adam Driver. Rated R. Running Time: 136 minutes.

Thursday, March 28, 7 p.m.—Movie—“Bohemian Rhapsody”— Bohemian Rhapsody is a foot-stomping celebration of Queen, its music and extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through its iconic songs and revolutionary sound. The band reaches unparalleled success, then Freddie shuns Queen in pursuit of his solo career. Freddie manages to reunite with his bandmates just in time for Live Aid. While facing a recent AIDS diagnosis, Freddie leads the band in what is arguably one of the greatest performances in the history of rock music. Rated PG-13. Running Time: 133 minutes.



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ART and CULTURE

Showcasing the art of teachers and students in March

The Friendship Gallery will present the annual Teacher/Student art exhibit Monday, March 4, through Saturday, April 6.

This exhibit is designed to allow current and recent past students to experience the excitement of showing their work in public. For many students, it is the first time they have had a piece of work displayed publicly. "It is a very invigorating time for any artist and provides encouragement, as well as affirms confidence from their teachers that they are ready to take this very important step," said Llewellyn Berry, who teaches photography for children and adults at the Village Center.

Join us for the chance to meet the artists during a reception on **Sunday, March 10, from 11:30 to 1 p.m.**

"At the opening reception, we encourage visitors to chat with students about the work they have created, as well as how they met the challenges of producing fine art," said Berry.

"Each year when we begin to plan our Teacher/Student art exhibit," said Berry, "there is an excitement that comes over the art instructors in anticipation of the work our students desire to show, as well as what they may have created in preparation for this show."

Berry said that although the instructors notice daily or weekly what their students are producing, there is always the curiosity of how they are processing our instruction and using techniques, skills and artistry. "In addition, it is also interesting to hear how they interact with the public, answer questions about their work and how they arrive at certain images," said Berry. "This year is no different and the anticipation is infectious among teachers and students alike."



"Shirt" by Jill Watson

Is art school for you?

Families with creative middle and high school students are invited to a free workshop on **Thursday, April 4 at 7 p.m.** at the Village Center. This workshop was originally planned for February, but was rescheduled because of inclement weather.

Representatives from ARTriculate, a college advisory service that focuses on applicants in the visual arts, performing arts and film, and Luminate Financial Planning will be on hand to discuss a number of issues related to college and the creative student.

Among the topics are careers in visual arts; performing arts and digital media; finding "best fit" colleges; the differences between a BFA and a BA, a college of art and design/conservatory and a traditional liberal arts college/university; timelines for activities throughout high school, including summers; costs of college and the different financial terms you'll hear—FAFSA, 529 Plans, Expected Family Contribution (EFC), Net Price Calculator (NPC), advertised cost, etc.; and ways to improve the application and financial planning.

Please call the Village Center at 301-656-2797 if you plan to attend.



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Friendship Heights
Village Center



Calendar
of Events

2019

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Show off your artistic talents this summer!

It’s not too soon to start preparing for this year’s community art show in July. This multi-media exhibit is open to all artists in the area. Suggestions for paintings, photographs or sculpture are July 4 celebrations, end of school, traveling, beach time—anything related to the summer. The theme is “The Good Ol’ Summertime.” Prizes will be awarded to the top winners. Applications will be available at the Village Center soon.

3 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	4 10 a.m.: Great Books 12:30 p.m.: Bridge Club 3 p.m.: Concert with John Eaton	5 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 10:30 a.m.: Children’s Storytime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30–3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3– 4 p.m: Tea 7 p.m.: Mat Pilates	6 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 5:30 p.m.: Community Advisory Committee Meeting (Open to the Public)	7 8:15 a.m.: Walking Club 10:30 a.m.: Seated Yoga and Meditation 7 p.m.: Booksigning with Bob Levey	8 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	9 8:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
10 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1 p.m.: Art Reception	11 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 Bridge Club 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING (Open to the Public)	12 8:15 a.m.: Walking Club 10 a.m: Village Playtime: Music with Marsha Goodman-Wood 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30–3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3 p.m.: Speech Therapy 3– 4 p.m: Tea 7 p.m.: Mat Pilates	13 9:30 a.m.: Tai Chi Ongoing 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Communications Strategies for Alzheimers 5:30 p.m. Program Advisory Committee Meeting (Open to the Public) 7 p.m.: Concert: IONA	14 8:15 a.m.: Walking Club 10 a.m.: AARP Older Drivers 10:30 a.m.: Seated Yoga and Meditation 11 a.m.: Still Life and Beyond 7 p.m.: Movie: A Star is Born	15 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	16 8:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
17 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	18 9:30 a.m.: Tai Chi Intro. 12:30 Bridge Club 10 a.m.: Great Books 1 p.m.: Strength Training	19 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 10:30 a.m.: Children’s Storytime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30–3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3– 4 p.m: Tea 7 p.m.: Mat Pilates	20 9:30 a.m.: Tai Chi Ongoing 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 1 p.m.: Irish Storytelling with Jane Dorfman	21 8:15 a.m.: Walking Club 10 a.m.: AARP Older Drivers 10:30 a.m.: Seated Yoga and Meditation 11 a.m.: Still Life and Beyond 7 p.m.: Movie: BlackKlansman	22 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 2 p.m.: Caring for the Caregiver	23 8:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
24 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	25 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Mountain Music Monday Jam	26 8:15 a.m.: Walking Club 10 a.m: Village Playtime: Music with Marsha Goodman-Wood 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30–3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3– 4 p.m: Tea 7 p.m.: Mat Pilates	27 9:30 a.m.: Tai Chi Ongoing 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Friday Morning Music Club	28 8:15 a.m.: Walking Club 10 a.m.: AARP Older Drivers 10:30 a.m.: Seated Yoga and Meditation 11 a.m.: Still Life and Beyond 12 p.m.: Vision Resources Lunch and Learn 7 p.m.: Movie: Bohemian Rhapsody	29 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	30 8:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
31 9:30 a.m.–1 p.m.: Coffee and Sunday Papers						

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

Get art smart at our summer camp

Our summer art camp for children returns **Monday, June 24, through Friday, June 28**. Run by our curator Millie Shott, the camp offers a children ages 6 to 12 a fun way to tap into their individual creative genius. The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery to jewelrymaking. Participants learn about various artists and art forms during art appreciation sessions each day. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up immediately at the Village Center to ensure a space.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., March 22–May 24. Bring your existing materials and paper or canvas to the first class. For those who have previously taken this class; others may call Samworth at 301-346-7238. \$200 for residents; \$215 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Feb. 27–April 3. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., March 5–April 9. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$60 for residents; \$70 for nonresidents. Minimum number of students is eight; maximum is ten.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., in progress

through March 30. \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred.

BASIC PHOTOGRAPHY FOR CHILDREN

An 8-week course in black and white and color photography for children. Taught by Llewellyn Berry, Saturdays, 9:30 a.m. to 10:30 a.m., in progress through March 30. \$80. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must bring a camera to class; digital cameras are preferred.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., March 14–May 16. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class. Samworth will present various materials, techniques and ideas to inspire original work.

WRITING AND MORE

WRITING YOUR LIFE STORIES

A 10-week class, taught by Barbara Rosenblatt, Mondays, 1:30 to 3 p.m.,

April 15–July 2. Learn how to write a meaningful, interesting memoir. Instructor uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion. \$165 for residents; \$180 for nonresidents. The class will not meet May 27 nor June 24. A minimum of 6 students is required.

BEGINNING BRIDGE

An 8-week course in beginning bridge, taught by Jane Dolkart, Thursdays, 6:30 to 8:30 p.m., April 4–July 2. Covers an introduction to bridge, hand evaluation, playing in a no trump contract, a major suit contract, and a minor suit contract, and dummy hand evaluation. \$135 for residents; \$150 for nonresidents. A minimum of 12 students is required.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group Thursdays, 4 to 5:30 p.m. The group will take a break in March and resumes April 4. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., March 5–April 9. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., in progress through March 29. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., March 6–April 10. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

An 8-week class, Mondays, 9:30 to 10:30 a.m., March 11–April 29. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

An 8-week class, Wednesdays, 9:30 to 10:30 a.m., March 13–May 1. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., in progress through April

2. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

CHAIR YOGA & MEDITATION

A 4-week session, Thursdays, 10:30 to 11:45 a.m., March 7 to March 28. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., March 18–April 22. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays,

9:10 to 10:30 a.m., April 7–June 9.

This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$115 for residents; \$128 for nonresidents. Class will not meet on April 21 nor May 26.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively discussions from books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare

Continued on page 14, see Classes



CONCERTS

During January, February and March, concerts are held on the second and fourth and, if applicable, the fifth Wednesday of the month from 7 to 8 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, March 13—IONA— Celebrate St. Patrick's Day when we welcome the talented musicians of IONA to the Village Center. In 1986, Barbara Tresidder Ryan and Bernard Argent joined forces with Barbara Seymour and Alan Oresky to create IONA, named after a Hebridean Island off the west coast of Scotland that has been synonymous with Celtic culture for 3,000 years. There have been 15 band members since IONA's inception, each of whom has molded the band into its present form. Ryan and Argent have continued to be the core of the band from the outset, leading it through an evolution that encom-

passes music and dance from all the Celtic lands: Scotland, Ireland, Wales, Cornwall, the Isle of Man, Brittany (France), Asturias and Galicia (Spain), and, of course, America, the biggest Celtic melting pot in the world.

Wednesday, March 27—The Friday Morning Music Club — The performance will include an impressive lineup of young musicians. Most of them, while still in high school, are laureates of numerous competitions and are already accomplished musicians. The program will feature classical composers from Baroque to contemporary.

Bring your banjo and join the jam at the Village Center

Guitars, banjos, mandolins, violins, dobros and harmonicas — they're all welcome at a Mountain Music Monday on **Monday, March 25, from 6:30 to 8:30 p.m. at the Village Center.**

We're hosting bluegrass jam where you can tap your toes along with tunes or watch the musicians breeze through tunes as old as the hills. If you know basic chords in different keys, you might want to just jump right in!

During and after the war years, jobs in the Baltimore-Washington area drew workers from southern and mountain regions. They brought their musical tastes and talents with them. The people who migrated to America in the 1600s from Ireland, Scotland, and England brought with them the basic styles of music that are generally considered to be the roots of bluegrass music as it is known today.

Whether you're picking with the musicians or just listening along, it promises to be a fun evening.

For details, call the Village Center at 301-656-2797.

Mark your calendar for another Mountain Music Monday on **Monday, April 22, from 6:30 to 8:30 p.m.** at the Village Center.

The Village Book Club will meet on **Tuesday, March 19, at 11 a.m.** The book selection is "The Escape Artist" by Brad Meltzer. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Enjoy musical mornings with Marsha in March

Join Marsha Goodman-Wood and her guitar for singing, dancing and fun for children of all ages on the second and fourth Thursdays of the month at 10 a.m. at the Village Center. This month's performances are **Tuesday, March 12, and March 26.**

Goodman-Wood, a singer and songwriter, performs her own original songs for kids and well-known favorites guaranteed to get the audience singing and dancing. Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited!

For more information, call the Village Center at 301-656-2797.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

TO YOUR HEALTH



Join us on **Thursday, March 28, from 12 to 1 p.m.**, at the Village Center to learn about eye care professions and to enjoy a light lunch.

What is the difference between an ophthalmologist and optometrist? What about an optician? Orthoptist? Oculist? What is a low vision rehabilitation therapist? And what do Ophthalmic Medical Personnel do? Find out and learn more about the education, training and licensing require-

Vision Resource Lunch and Learn

Who's who in eye care

ments for these eye care professionals at our next Vision Resource Lunch and Learn!

Clete Clark is a Certified Ophthalmic Technician (COT) and is the Operations Manager and Research Coordinator at Washington Eye Physicians and Surgeons. Clark is an expert at describing and differentiating between the different eye care positions. Learn about the different professions so you are better able to understand who you are listening to and who is looking

and caring for your eyes. After all, they are YOUR eyes, so you'll want to know who is checking them out!

To register, please call (301) 656-2797. The event is free, but pre-registration is required. Please call the Village Center at 301-656-2797 if you plan to attend.

The Vision Resource Lunch and Learn, formerly the Vision Support Group, is sponsored by the Society for the Prevention of Blindness and the Friendship Heights Village Center.

Effective communication strategies for Alzheimer's disease

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect

and communicate at each stage of the disease. Join us for a Suburban lecture addressing Alzheimer's disease and ways to effectively communicate with patients on **Wednesday, March 13, from 1 to 2 p.m.**, at the Village Center.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Our Listings in the Friendship Heights Community

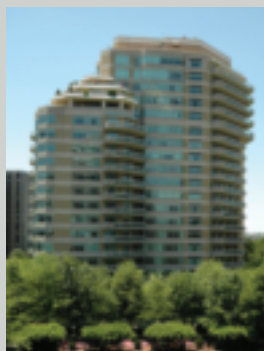
FOR SALE

5600 Wisconsin Ave. #803
\$2,075,000: 3 BR, 2.5 BA
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #407
\$1,375,000: 2 BR + Den, 2.5 BA
Views, Balcony; 2,092 SqFt

5610 Wisconsin Ave. #1606
\$1,995,000: 2 BR + Den, 2.5 BA
Renovated, Balcony; 2,770 SqFt

5610 Wisconsin Ave. #406
\$1,200,000: 2 BR, 2.5 BA
Tree views, Balcony; 2,023 SqFt



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New condo listings
coming soon

Call today for details!



Classes and Clubs, continued from page 11

coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Note new meeting time: the second Tuesday of every month, 3 to 4 p.m.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 12.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Come by for storytime at 10:30 a.m. on the first and third Tuesday of the month, Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

VISION RESOURCE LUNCH AND LEARN (formerly Vision Support Group)

Meets the fourth Thursday of the month from noon to 1 p.m. See page 13 for details.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



Everyone has a story — learn how to tell yours!



Share important life experiences through your writing with our new memoir writing class. Whether you are a lifelong writer or a beginner, this new class "Writing Life Stories" will teach you to write a meaningful, interesting memoir.

Instructor Barbara Rosenblatt uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion for this class at the Village Center.

This 10-week course will be held Mondays, from 1:30 to 3 p.m., beginning April 15 and ending July 2. The class will not meet on May 27 nor June 24. The cost is \$165 for residents and \$180 for nonresidents.

Why not give this class as a Mother's Day or Father's Day gift to a parent or grandparent?

Inclement Weather Policy

Please note that in the event of inclement weather, the Village Center follows the Federal Government's decision.



Dimitar Pavlov

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- Body Building
- Pre/Postnatal fitness
- Functional fitness
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Featured Listings
by The Sam Solovey Group

Tin Pan Alley comes to the Village Center in April

Join us for a concert and tea at the Village Center on **Monday, April 29, at 3 p.m.**, when Eric Abrahamson plays a program of Ragtime and Tin Pan Alley hits.

Abrahamson is a composer, arranger, orchestrator, musical director and teacher. He is a musical director for Cedar Point amusement park and plays regularly at Disneyland. His entertaining and informative show examines the history and roots of American Ragtime piano and its evolution into the vocal music of the era known as "Tin Pan Alley."

Following the concert, please stay for tea. Let us know you are coming by calling 301-656-2797.



Taking care of yourself as you take care of others

Sometimes, a crisis such as a loved one's stroke or fall thrusts a family member suddenly into this unfamiliar role. What began with one task may soon grow to other key roles such as cooking, daily errands, and laundry. When caregiving tasks grow slowly, caregivers may not recognize right away that their commitments are taking increasing amounts of their time and energy. A representative from JSSA will be on hand **Friday, March 22, at 2 p.m.** to discuss how to take care of yourself as you take care of others.

This event is free but please call the Village Center at 301-656-2797 to let us know you will be attending.

This is part of an ongoing series of talks we will present on caregiver issues. For information, call the Village Center at 301-656-2797.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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Chevy Chase, Maryland 20815

Like us on Facebook:

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www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

March 2019 events calendar